

WALTHAM CREATIVE START NEWSLETTER FEBRUARY 2025



Please make sure your children bring a jacket, hat and gloves. We go outside daily. If you do not have any, let us know and we can help you get some.

UPCOMING EVENTS:

NO SCHOOL:
FEBRUARY 17-21 VACATION

EVENTS:

ADVOCACY DAY: 2/11

PARENT MEETING: 2/13

PARENTING SOLUTIONS GROUP: 2/14

OPEN AIR MARKET: 2/25

COMMUNITY HELPERS WEEK:
2/24-2/28

Winter Safety

With cold weather and slick roads and sidewalks, please plan ahead to make sure you are able to get here safely. That may mean adding some extra time into your commute in case roads are bad or detours are needed. We want to make sure everyone gets here and home safely.

FAMILY AND COMMUNITY OPPORTUNITIES

Community Helpers Week

The week of February 24th through 28th we will be celebrating all the amazing workers in our community. From doctors to librarians, and grocers to landscapers. We encourage families to come in and talk with the children about their jobs.



COMMUNITY RESOURCE OF THE MONTH

Immigration

There is now a table in the lobby of the school with different immigration resources that can be shared with anyone in the community who needs support. Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA) has Know Your Rights resources that can help families in case of ICE officers coming to your home or workplace.

For families worried about ICE, it's important to be prepared. Carry copies of your immigration documents with you at all times. Make sure you have any necessary medications on hand in case of detainment. Memorize the phone numbers of your lawyer and a trusted family member so you can reach them quickly if needed. Additionally, parents should add as many trusted people as possible to their child's school pickup list, ensuring there's always someone available to pick up your child in case of an emergency. Taking these steps can help keep your family safer and more prepared.

MIRA has an Immigration Hotline number people can call for any other immigration advice. Call the number to leave a message and someone will call you back within a few days to help answer your questions. (508) 293-1871

SOCIAL EMOTIONAL CORNER

SECOND STEP:

I WILL BE USING THE STORY, "TUCKER TURTLE TAKES TIME TO TUCK AND THINK" AND PRACTICING THE TURTLE CALM DOWN TECHNIQUE WITH THE KIDS. AT THE END OF THE STORY THERE ARE DIFFERENT STEP BY STEP CARDS THAT CAN BE USED TO HELP KIDS PRACTICE THIS TECHNIQUE. PARENTS SHOULD PRACTICE THIS STORY WHEN KIDS ARE FEELING CALM AND HAPPY FOR IT TO BE EFFECTIVE WHEN KIDS ARE FEELING STRONG EMOTIONS. TUCKER TURTLE CAN BE USED TO HELP KIDS PRACTICE CALMING DOWN, BUT ALSO WORK ON PROBLEM SOLVING WAYS TO HELP WHEN THEY ARE UPSET. HERE ARE LINKS TO THE STORY TO READ AT HOME: ([ENGLISH](#)) AND ([SPANISH](#))

BABY DOLL:

IBABY DOLL CURRICULUM HAS BEEN DISCUSSING BEING SAFE WITH OUR BODIES AND CARING FOR OTHERS WHO MIGHT HAVE A BOOBOO. STUDENTS HAVE BEEN WORKING ON HOLDING THE BABY SAFELY AND SOOTHING THE BABY WHEN THE BABY FALLS OR GETS OTHER BOOBOOS. THIS HELPS TO CONTINUE BUILDING SOCIAL CONNECTIONS FOR THE STUDENTS.



PARENTING GROUP:

THE NEXT PARENTING SOLUTIONS MEETING WILL BE ON FRIDAY, FEBRUARY 14TH AT 8:45AM. AT THIS MEETING WE WILL BE TALKING ABOUT THE IMPORTANCE OF ROUTINES IN THE DAY. WE WILL ALSO BE TALKING ABOUT HELPING KIDS THROUGH TRANSITIONS AT DIFFERENT TIMES OF DAY LIKE AROUND MEALTIMES AND BEDTIME. THERE WILL ALSO BE SOME MATERIALS FOR US TO MAKE VALENTINES FOR OUR CHILDREN.



HANDPRINT HEARTS

This month, celebrate your love with a simple keepsake. Enjoy a great sensory activity as you and your child make handprints together . You can show them holding a heart, make the shape of the heart, or surround them with a large heart. Be creative!

In the Classroom

THIS MONTH, CLASSROOMS WILL BE LEARNING ABOUT ORAL HEALTH AND COMMUNITY HELPERS.

WE WILL BE INVITING COMMUNITY PARTNERS IN TO TALK ABOUT WHAT THEY DO TO HELP OTHERS.



"Don't educate your children to be rich. Educate them to be happy, so they know the value of things, not the price."

- Victor Hugo

Healthy Chocolate Pudding

Food that are rich in fiber and calcium are great for teeth health. These help to get saliva flowing, which acts as a natural defense against cavities and gum disease.

This classic chocolate pudding recipe has less sugar than what you find premade at the store and can be made sugar free or vegan with a couple simple swaps.

For this recipe and more, visit:

<https://baystate-dental.com/recipes-for-healthy-teeth>

